

# Children's Mental Health & Well-being Advisory Committee

September 26, 2017 – 10:00 am to 3:00 pm

Polk County River Place, Room 3A

2309 Euclid Ave, Des Moines, Iowa

## MEETING MINUTES

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### Complex Service Needs Workgroup Members Present:

Bob Lincoln

Kathy Thompson

Kim Scorza

Kristina Richey

Marcus Johnson-Miller

Michele Tilotta

Phyllis Hansell

Renee Speh

Rick Shults

Scott Hobart

Shanell Wagler

Susn Christensen

Tammy Nyden

Vickie Miene

### Workgroup Members Absent:

Amy Shriver

Anne Gruenewald

David Tilly

Dennis Bush

Erin Drinnin

Krista Moellers

Lynn Bopes

Steve Seid

Wendy Rickman

### Other Attendees:

John Stoebe

Kent Olms

Hannah Beach

Jason Haglund

Mike Hines

Sandi Hurtado-Peters

Jennifer Boedis

Tom Cope

Kristie Oliver

Senator Liz Mathis

Teresa Bomhoff

University of Iowa Health Clinics

Legislative Services Agency

Legislative Services Agency

YSS

Tanager Place

Iowa Department of Management

Blank Children's Hospital

Orchard Place

Coalition for Family and Child Services

Iowa Senate

Iowa Mental Health Planning Council/NAMI Greater Des

Moines

Representative David Heaton

Iowa House of Representatives

### Welcome and introductory remarks

Rick Shults opened the meeting by welcoming the workgroup members and public and led introductions. Rick stated the workgroup will have the same format as the workgroups used during MHDS Redesign with a core group doing the majority of the work and time set aside each meeting for public comment. Rick said that he would be facilitating the meeting and the Committee would move to a self-governance format in future meetings.

### **Review of 2017 Legislative Charge in HF653**

Rick reviewed the legislative charge for the Committee in HF653. Rick challenged the Committee to look at the Committee's next steps and discuss what they feel would make a good children's system and the characteristics of a children's system.

There was discussion on the scope of the group and if it is possible to go beyond providing support to the crisis services, learning labs, and well-being collaborative. Rick said the group must first make sure they are fulfilling what the legislature is asking of them and if the group sees a way to move forward into implementation and defining additional services then yes.

Senator Mathis said that the larger group has been meeting for two years and part of the learning lab grants was to look for breakthroughs and new ideas. Senator Mathis said that then Director Palmer was going in the direction of a smaller group that would put together with what was learned from the learning labs legislation on building a children's system and she would like to see the group head in the direction of writing legislation.

### **Review of work done by previous workgroup**

Rick reviewed the history of the Children's Mental Health and Well-being Workgroup and the reports that were submitted by the workgroup in 2015 and 2016. Renee Speh encouraged new members of the workgroup to go back and look at the report generated from the Children's Mental Health Redesign Collation. The workgroup's previous reports and resources can be found at <https://dhs.iowa.gov/mhds-advisory-groups/childrens-mental-health-well-being-workgroup>.

Rick encouraged the group to use the information gathered during the Workgroup to move forward and consider the best practices that are already in place at public health with prevention services and how to gather all the entities interested in improving the lives of children and move forward in the same direction in a coordinated and collaborative manner.

Senator Mathis said that when the workgroup first started Medicaid had just privatized and there was uncertainty about how services and supports could be funded but now is the time to start looking at innovation with the MCOs.

Representative Heaton said that it is important to look at the new funding system and how we can use that system to innovate services and it takes time and resources. Rick said that there are solutions to problems and it is possible even with the significant budget issues the state is facing. Representative Heaton encouraged the savings from MCOs to go back into the system instead of contributing to the general fund. There was discussion on how the savings from the MCOs was being used in the general fund to fill in gaps and that it is not unusual for when MCOs startup they have to invest to achieve their own financial stability. Representative Heaton said the legislature is to the point where they want to keep track of the savings from the MCOs and where those savings are being used. Senator Mathis discussed braided funding and how to repurpose funding for innovative services and giving the MCOs examples on how the use of braided funding has been successful.

There was discussion on mental health outcomes and the importance of learning from other states.

There group discussed the importance of building a structure for the children's system with a point of responsibility. Representative Heaton and Senator Mathis said it was important for families and the court system to have a road map on how to navigate the system.

There was discussion on the need to focus on both crisis services and maintenance services and supports.

### **Update on children's crisis services, learning labs and well-being collaboratives**

Laura Larkin from the Department of Human Services, MHDS introduced herself and presented an update on the learning labs, crisis planning grants and well-being collaboratives. Laura said that the University of Iowa and Four Oaks were awarded contracts from the learning lab request for proposal (RFP) in 2015 at the same time as Seasons Center in Spencer and YSS in Mason City were awarded contracts for the RFP for crisis planning grants.

### Learning Labs

Laura said that the University of Iowa initiated a shared plan of care model for when multiple agencies are providing services for an individual. Laura said that instead of each agency writing their own plan for the individual they all use the same plan. Laura said that Four Oaks in Cedar Rapids used the total child model which factors in stability for the child and their family and looks at the entire family's needs. Laura said they have established a total child outcomes measurement and will report on outcomes by October 30, 2017. Laura said the learning lab contracts run through the end of the 2017 calendar year.

### Crisis Planning Grants

Laura said that crisis planning grant contracts ended on June 30, 2017 and both Seasons Center and YSS submitted final reports that included proposed next steps for their programs. Laura said that Seasons Center proposed mobile crisis, crisis respite for children, and building strong relationships with schools to assist in crisis situations in schools and avoid out of home placements. Kim Scorza said that Seasons Center was able to secure funding for mobile crisis including children in six counties. Kim said that it is easier to get people on board for funding services when children are involved because funders typically have sympathy when it comes to children. Kim said they also get calls from areas they don't provide mobile crisis and bring in additional through DCAT to provide those services. Senator Mathis said that was a good example of braided funding and that is what funding may look like in the future.

Representative Heaton asked if the schools contribute to early intervention services. Kim said that they do and one school is looking to pay for respite care for a student if they aren't able to make it a full day at school to avoid out of home placement.

There was discussion on the MHDS Regions' role in funding services for children. The regions are not mandated to provide services to children but are allowed to as an additional population.

Tammy Nyden asked Kim Scorza if starting mobile crisis added a financial burden to Seasons Center and if it was advertised as an available service for children. Kim said that Seasons Center is already a community mental health center and has a 24/7 crisis line which was a good foundation for adding mobile crisis.

Laura Larkin said that YSS looked at the family as a whole and focused on respite services. Laura said that they looked at a family shelter approach but it didn't move forward due to funding issues. Laura said that it is something they are still considering as a way to help the entire family stabilize and is a model that takes the family's income, instability of housing, and

substance use disorder issues into consideration instead of assuming the child is the problem and placing them out of home. YSS was also looking at a way to use their shelter as a step down from inpatient to avoid readmission or return to a PMIC setting.

Susan Christianson said that as a judge she has been using foster care or extended stay with a relative for that purpose and it would be nice to have a system in place.

Representative Heaton asked how many children the shelter has served as a step down service. Jason Haglund, the Executive Director of YSS, said that it varies and it is still a pilot program. Jason said that they are looking at staffing patterns and the most efficient way to use their facility. Scott said that it is important to consider the different populations of kids when providing services and being aware of the kids who need protection from those who may take advantage of them.

There was discussion on BHIS services and the availability and flexibility of the CMH Waiver. There was discussion on the definition of child in need of assistance and the role of the parents if their child meets the criteria for a CINA.

There was discussion on the mental health block grant requirement that CMHCs use their funds 50/50 for children and adults. The group discussed CMHCs using their MHBG funding to fund more services for children since the MHDS Regions are responsible for adult services.

#### Well-being Collaboratives

Laura said the three successful bidders for the Children's Well-being Collaborative RFP were Seasons Center, YSS, and Prevent Child Abuse Iowa. Seasons Center will cover 19 counties in northwest Iowa including Lyon, Osceola, Dickenson, Emmet, Sioux, O'Brien, Clay, Palo Alto, Plymouth, Cherokee, Buena Vista, Pocahontas, Woodbury, Ida, Sac, Calhoun, Monona, Crawford, and Carroll. YSS will cover six counties in central Iowa that includes Franklin, Hamilton, Hardin, Boone, Story, and Marshall. Prevent Child Abuse Iowa will cover three counties in southeast Iowa that includes Wapello, Jefferson and Van Buren.

Laura said the collaboratives will be looking at both prevention and early intervention services and incorporating lessons learned from the crisis planning grants and learning labs into the collaboratives. Laura said the contracts with the collaboratives will go into effect on October 15, 2017. The RFP required that the collaboratives are required to have three entities in addition to the lead entity and must include a pediatric integrated health home, and provider of community based children's mental health services along with other possible entities such as schools, judicial system, child welfare, MHDS Regions, and people who work with children and families. Laura said the collaboratives are required to have their first meeting by mid-November.

Tammy Nyden asked if the collaboratives addressed how they would provide public awareness in their proposals. Laura said the collaboratives will be developing their public awareness campaign with their collaborative and DHS.

#### **Public Comment**

Senator Mathis thanked everyone for their past work on the Children's Mental Health and Well-being Workgroup and the information gathered from the grants and projects from the workgroup have been helpful in moving forward with a children's system. Senator Mathis encouraged the group to present recommendations for legislation in January for building a children's system.

Representative Heaton encouraged the committee to look at each of the programs that have taken place and focus on taking the successful projects across the state.

The committee broke for lunch at 12:00pm and reconvened at 1:13pm

### **Characteristics of a children's system**

The committee discussed their ideal characteristics of a children's system including point of responsibility, geographic area, array of services, funding and data collection.

- Point of responsibility
  - Possible designation at the state level or combination of responsibilities with state agencies
  - Local point of responsibility
    - Local board
    - Backbone convener with expertise to coordinate activities and communicate to group
    - Coordinate interagency intentional coordination which includes SUD and education
    - Some form of staffing is needed
- Geographic area
  - Regional system but doesn't need to match MHDS Regions
  - Other regional systems to look at are DHS Service areas, judicial, Early Childhood Iowa, DCAT areas
  - ECI recommends setting geographic boundaries instead of being locally determined
  - DHS has 5 service areas based on population
- Expected array of services
  - Access to a set of core services for children
  - Early identification/ intervention for children with mental health needs
  - Diversion of children with mental health needs from juvenile justice or out of home services
  - Evidence based practices and promising practices
    - Funding for implementation and reimbursement of EBPs
    - Training staff
    - Parent to parent
  - Substance use disorder services are included
  - Educational supports for children with mental health needs
  - Support for parents/families including support groups, child care, and easily accessible information on available services and supports
  - Transition to adult system
- Data to demonstrate effectiveness
  - Target specifics
  - Interagency collaborative on data sharing
  - Data should be well defined
  - Include access standards

- LT 2 generation
  - Comparable data to share among providers and regions
- Braided funding
  - Incorporate public and private funds
  - MCOs are included
- Sustainability Plan
- Who is included
  - Scope of children included in system needs to be defined
  - Children in crisis
  - Children with maintenance needs

### **Planning for future meetings**

Rick suggested that future meetings include an update from the well-being collaboratives and the learning labs. Rick suggested outlining the afternoon discussion and expanding from there during future meetings. Vickie Miene volunteered to put together a driver document from the afternoon discussion.

### **Public Comment**

Teresa Bomhoff encouraged the committee to look outside state agencies when suggesting a point of responsibility for the children's system and suggested an agency that is acquainted with children. Teresa said collaboration is easier at a local level instead of statewide and encouraged the array of services to not be separated into core and core plus services. Teresa said that braided funding can be challenging since everyone is on a tight budget.

Representative Heaton recommended looking at the study the state of Washington did with ACES and using ACES when working with parents and children.

Phyllis Hanson and Susan Christiansen from the committee presented information on upcoming trainings focused on children.

The meeting adjourned at 3:00 pm